

High Vitamin C Cherry Jellos



Ingredients:

20 ounces of frozen cherries (approximately half a big bag of Costco frozen tart cherries)

1 cup coconut water

1-2 tsp camu powder (high in Vitamin C)

1-2 tbsp raw honey (to taste and to neutralize tartness of camu powder)

1/4 cup gelatin powder

Directions:

1. Bring the cherries and 1/2 cup coconut water to light simmer and let it simmer for 5 minutes.
2. Let the mixture cool off to a room temperature, add the rest of coconut water to it. While it is lukewarm, add camu powder and 1 tbsp of honey (if you'd like your gellos a bit less tart) and mix.
3. Transfer the mixture to the blender and add unflavored gelatin to it. Blend well.
4. Pour into an 8×8-inch glass baking dish and refrigerate for 3-4 hours. Once ready, cut in square pieces and serve.